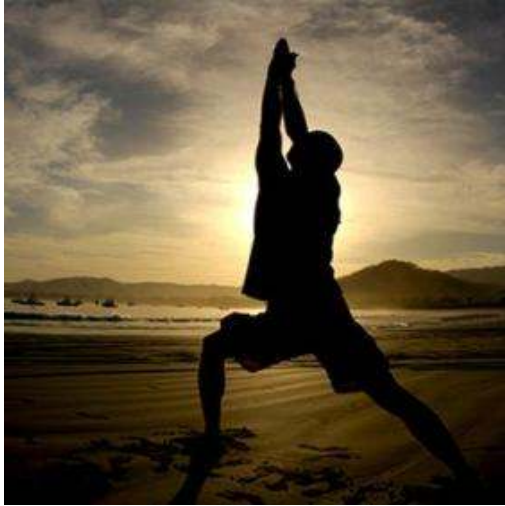


YOGA

Therapeutic Renewal



TJ leads her yoga classes from a perspective of wellness, wholeness, seeking to nurture and integrate body, mind and spirit. Each class is a complete, well rounded practice and will benefit anyone who wants a safe and gentle yoga class, or is new to yoga. These yoga classes are also suitable for those who have chronic conditions, chronic pain or are recovering from illness or injury. TJ is a Registered Yoga Teacher 500 hr, a certified Integrative Yoga Therapist, a Registered Thai Therapist, a Reiki Master and has been a yoga teacher for the Pink Ribbon Yoga Retreats since their beginning in 2005.

Date: Tuesdays, Jan. 3rd to Feb. 21st, 2012
Tuesdays, March 6th to April 24th

Time: 9:30 - 11:00 am

Fee: \$80 resident, \$92 non-resident

Barcode: 117371 (January - February)
117372 (March - April)



For more information and registration,
contact Lake Johnson Park at (919) 233-2121
4601 Avent Ferry Road, Raleigh, NC 27606
parks.raleighnc.gov